

NewsWIC

Fond du Lac County Health Department

Summer 2008

Farmer's Market – Worth the Trip!



If you've never visited your local farmer's market, now's the time! Locally grown food is fresher and this enhances its taste and nutrients. Sometimes it's even picked fresh that morning!

When you buy vegetables and fruits at the peak of their season, the prices are lower than at grocery stores. **And...you have \$15.00 in WIC checks to use there!**

Supporting your local family farmers also strengthens your local economy by keeping your food dollars in your own community. In the U.S., our food travels an average of 1500 miles to get to our plate. All this shipping and packaging contributes to pollution and creates extra trash for landfills.

Getting to know local farmers lets you and your children reconnect with where the food comes from. Talking to the farmers is a good opportunity to learn more about food and how it is grown. They are proud of the food they grow and happy to give advice on cooking produce they sell.

Fond du Lac has 2 markets that run all summer—one on Saturday mornings and another on Wednesday afternoons. They both have many WIC vendors ready to cash your WIC checks for a wide variety of produce. Check out one or both of the markets this year and get a taste of the best Wisconsin has to offer.

Turn Over a New Leaf!

Summer is a great time to enjoy salad since most vegetables are in season. This means they're at their peak of flavor and usually at their lowest price. Salad is a healthy choice for lunch or dinner. The following is a list of salad toppers, including some that aren't typically thought of in a salad but add a nice change:

Tomatoes
Mushrooms
Cucumbers
Broccoli
Shredded Carrots
Peas or Pea Pods
Cauliflower
Shredded Cabbage
Sweet Peppers
Avocado
Apples
Craisins
Strawberries
Pears
Mandarin Oranges
Garbanzo Beans
Kidney Beans
Sunflower Seeds
Nuts



Breastfeeding Corner

“Go Green by Breastfeeding”



We have all heard of the benefits of breastfeeding for moms and babies but have you thought of how important breastfeeding is for our earth? Making formula requires raising hundreds of millions of lactating cows, each needing approximately 12,000 square yards of farmland. They also produce manure which can contaminate our waterways.

Producing formula, bottles, nipples, & other bottle feeding equipment consumes energy. Processing milk into formula requires heating & drying the milk at high temperatures, trees are used for can labels and boxes used for shipping formula, and 86,000 tons of tin are used for the cans. Transportation of raw materials to factories for the production of formula, delivery of formula to the store and then the trip home from the store by the consumer requires use of precious fuel. Energy & water are then needed to make and warm the formula at home. The production & delivery adds to air pollution.

No energy, water, land or other natural resources is needed to produce breastmilk; there is no waste added to landfills and no air pollution. Breastmilk is a valuable, renewable natural resource that is the most ecologically sound food source available!

Here's a recipe, using some of your Farmer's Market vegetables...

Crunchy Veggie Burritos



4 (7-inch) whole wheat tortillas
1/3 cup whipped cream cheese
Garlic powder
Dill weed (optional)
¼ cup grated carrot
¼ cup chopped, raw broccoli or
½ cup broccoli slaw
(or use any other veggies you prefer)

Spread about 1 tablespoon whipped cream cheese on each tortilla. Sprinkle with garlic powder and dill weed. Top with vegetables. Roll up each tortilla and cut in half. Makes 8 roll-ups.

FDL County Immunization Clinics



June

9 (Mon.) 2:00-5:00 City-County Bldg., FDL
23 (Mon.) 4:00-6:00, City-County Bldg., FDL

July

10 (Thurs) 4:00-6:00 Waupun Hospital
14 (Mon.) 2:00-5:00 City-County Bldg., FDL
21 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.
28 (Mon.) 4:00-6:00, City-County Bldg., FDL
30 (Wed.) 4:00-6:00, Ripon High School

August

11 (Mon) 2:00-5:00, City-County Bldg., FDL
25 (Mon.) 4:00-6:00, City-County Bldg., FDL

September

8 (Mon.) 2:00-5:00, City-County Bldg., FDL
11 (Thurs.) 4:00-6:00, Waupun Hospital
15 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Ch.
22 (Mon.) 4:00-6:00, City-County Bldg., FDL
24 (Wed.) 4:00-6:00, Ripon High School

A shot clinic is held in Fond du Lac **by appointment only** on the **last Wednesday of each month from 8:00 to 11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.



Summer Sun Tips

Take advice from your aging FDL WIC staff:

- Do not burn.
- Seek the shade, especially between the hours of 10AM – 4PM
- Sun damage occurs even on cloudy days
- Use UV-blocking sunglasses and a broad-rimmed hat
- **ALWAYS** keep newborns out of the sun—sunscreen can be used after 6 months of age
- Sunscreen should be applied 30 minutes before going out in the sun, re-apply every 2 hrs. and always after swimming
- Avoid tanning and UV tanning booths

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